

INDIA'S FIRST & ONLY FOOD, WINE & TRAVEL MAGAZINE

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UpperCrust



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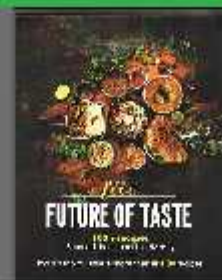
UpperCrust Discover

Ode

Eating Out

Roohi Omerbhoy Jaikishan
A Culinary Heiress

This recipe caught our fancy, from the many unusual ones, with indigenous ingredients, for its use of carrot leaves. You will find these as part of *First Food: Future of Taste* by the **Centre for Science and Environment**



Carrot Leaves Kadhi

Ingredients

- 100 g carrot leaves
- 1/2 ltr sour buttermilk
- 50 g pearl millet (bajra) flour
- 5-10 garlic pods
- 1 tsp turmeric
- 1 tsp cumin seeds
- 2 tbs mustard oil
- salt to taste

Method

Cut the leaves finely. Place a wok on flame and heat water enough to boil the leaves. Cook till the leaves are soft and not much water remains. Take buttermilk, pearl millet, chili powder, turmeric and salt in a bowl and mix well. Add this mix to the boiled leaves slowly while mixing continuously. In a pan, heat the oil and fry the cumin seeds and chopped garlic. Add to the kadhi and cook by boiling for another 10 minutes. Serve with steamed rice.





BOOKS FOR COOKS

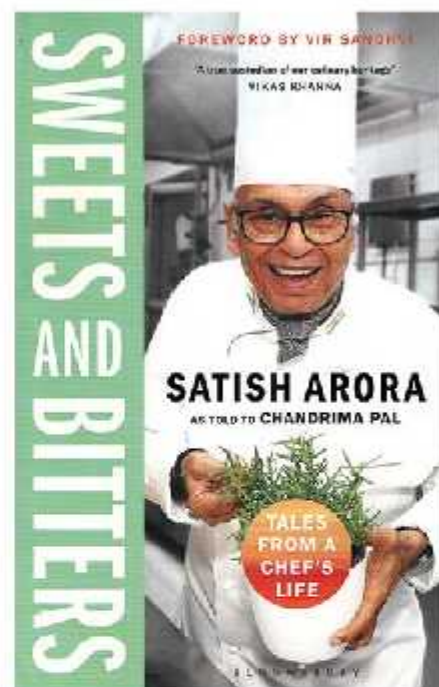
Sweets And Bitters

By Satish Arora. ₹599/-
Bloomsbury

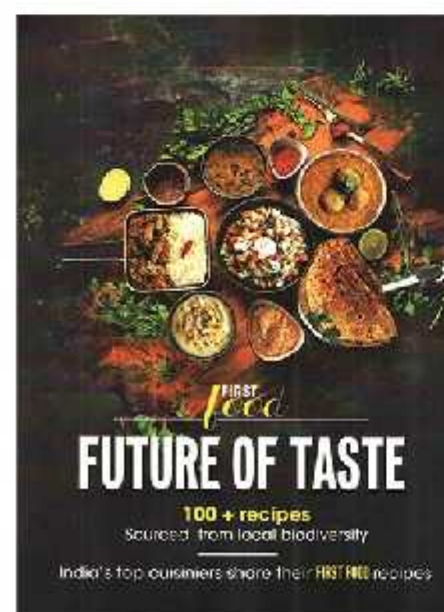
Anecdotes from the life and illustrious career of this celebrated chef peppers the book that is a one day read. With legendary recipes selected by him for you and snapshots of menus and letters from momentous meals cooked over his 50 years in the industry. Chef Satish Arora's journey, as told to journalist, Chandrima Pal... That's *Sweets And Bitters*. He was 26 when appointed as the Executive Chef at the Taj Mahal Palace in Bombay the youngest ever in India and went on to serve the group and the industry for 50 long years. Tastes from his childhood in Delhi start you off, moving on to his years at *LHM Pune* before launching into a career as a culinary professional, to emerge as a custodian of the heritage of Indian cuisine.

The history of it all will keep you engaged. A note from Bill Clinton to Chef Satish thanking him for the meal prepared on board a chartered flight to Bhuj, Gujarat, post the 2001 earthquake. The creation of the *Shahenshahi Kofta* for who else but the Shahenshah, Amitabh Bachchan, himself at the time of his film's release in 1988, and a special request by him during his stay at St. James' Court, London. Meals and travels with prime ministers and presidents of India and incidents that stay with you forever, such as sourcing the right papaya at the most unfortunate time in Goa for the Iron Lady, Indira Gandhi. Or when UK's Iron Lady signed his chef's cap on the same trip, with 'Margaret Thatcher'... Priceless experiences that no one can take from him, he says.

About the author: Taj is synonymous with this culinary maestro who served the group with love for 50 glorious years. Chef Satish Arora retired in 2015 as the Director Food Production at Taj Hotels Resorts and Palaces, a position he held since 1998. Today, as a culinary guru and



author, he continues to impart his pearls of wisdom and experience to budding chefs across the world.



First Food: Future of Taste

Down to Earth. ₹950/-
By Centre for Science & Environment

It's a heavy one, with over 100 recipes from 'cuisiniers' like Jatin Mallick, Manjit Gill and Manish Mehrotra, drawn from India's indigenous ingredients, emphasised on enhancing the local community of food source origins and producers. It is primarily aimed at sustaining and protecting the food biodiversity in a crisis marred by rapid climate change.

First Food: Future of Taste is the fourth edition in the series and a must for its

information and variety of healthy recipes.

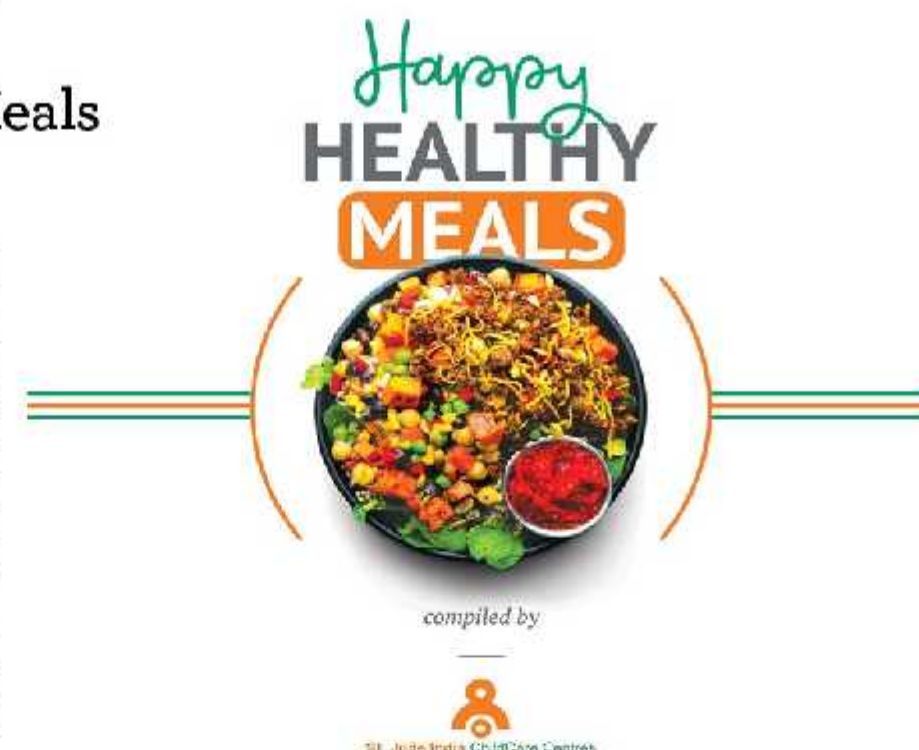
Did you know of the *maetha karola*, found in the hills of Uttarakhand, an ancient herb that is making a comeback? Or that the *babool* pods which we used as toothpaste way back when can be made into a *sabzi*? What about the chow chow the lesser known gourd, which you will recognise when you see it in the book which goes deliciously well with a *munni*? *Gilo* is an *Ayurvedic* ingredient which we know to be employed in immunity boosting, with leaves that are rich in Vitamin C and a stem that fortifies

Happy Healthy Meals

By St. Jude India ChildCare Centres

Our heart bleeds for kids in distress, be it war victims or the ill and dying. Which is why we chose to highlight this recipe book aimed at spreading awareness of cancer in kids and how healthy meals go a long way in preventing and reducing the effects of the dreaded *C*. *Happy Healthy Meals* is a curation of recipes by the parents of kids undergoing treatment and battling immuno-compromised illness; it's a book we all must have to make sure our kids are eating right to begin with!

Chef Irfan Pabancy, Country Head, *SodaBottleOpenerWala*, who has helped with the recipes from the 21 parents who contributed, says, "Each recipe within this book is thoughtfully crafted to provide nourishment tailored to the unique needs and challenges faced by young cancer patients. From comforting snacks to nutrient packed curries and delectable desserts, every dish is a celebration of food and a testament to the power of love and care." The 38 page book consists of ingredients like bitter gourd to satiate sweet cravings of a three year old boy with blood cancer and *dalia halwa* for an



eight year old girl who cannot do without sweets but has no choice. Other recipes include raw mango *parathas*, oat *idlis*, beetroot curry and black gram *laddoos*.

Happy Healthy Meals can be downloaded for free from the website link: <https://stjudechild.org/3d/fip/book/happy-meal/>

About St. Jude India ChildCare Centres: The NGO run by CEO Anil

Nair is a Bombay based not for profit that works to provide a 'home away from home' for children undergoing cancer treatment. Parents of children from rural and underdeveloped areas come to the metros in search of the best treatment for their wards and St. Jude aids in the physical, medical and emotional welfare of these children.

with its calcium and iron content. Make a tea or *kadha* out of it with the recipe provided here.

First Food offers nuggets of information on biodiverse foods and their need for conservation and sustainability. And recipes that are nutritious and offbeat. Try something new, why don't you!

About the authors: There is a team of authors who work on the publications by the Centre for Science & Environment. Vibha Varshney has served as the concept and research head for this book while environmentalist Sunita Narain has provided the editorial direction. The book has been published under *Down to Earth*, the fortnightly magazine by CSE.

Naga Tree Tomato Chutney

Ingredients

- 4 tree tomatoes
- 2 Raja *mirchi*
- 1 onion
- 1 small bunch green coriander
- salt to taste
- 1 tbsp mustard oil

Method

Roast the tomatoes and remove the skin. Lightly roast the chillies. Peel and cut the onion. Put all of these in a stone mortar and pestle, add salt and grind to a paste.



Add mustard oil and mix well. The *chutney* is ready to be relished with rice and *dal*.